

	One	Two	Three	Four
<i>Element</i>	Earth	Fire	Air	Water
<i>Colour</i>	Yellow	Red	White	Blue
<i>Season</i>	Summer (Day)	Autumn (Sunset)	Winter (Night)	Spring (Dawn)
<i>Fact</i>	Being Alive	Reactivity Arises	Reactivity Ceases	A Middle Way
<i>Conditions</i>	Consciousness > Name/form > Sense Fields > Contact > Feeling	Craving > Clinging	Disillusion > Detachment > Freedom > Knowing the End of Reactivity	
<i>Task</i>	Embrace Life (E)	Let Reactivity Be (L)	See Reactivity Stop (S)	Actualise a Path (A)
<i>Path</i>	Formation	Unification	Vision	Cultivation
<i>Mindfulness</i>	Existential	Therapeutic	Contemplative	Ethical
<i>Thirty-two Virtues and Skills</i>	<i>Four Foundations of Mindfulness</i> Body, Feelings, Mind, Ideas	<i>Five Powers</i> Confidence Courage Mindfulness Collectedness Discernment	<i>Seven Facets of Being Awake</i> Mindfulness Wonder Courage Joy Stillness Collectedness Equanimity	<i>Eightfold Path</i> Mindfulness Collectedness Perspective Imagination Application Survival Work Voice
	<i>Four Resolves</i> Creating conditions... - for reactivity not to arise - for letting reactivity be - for skills and virtues to arise - for sustaining and increasing skills and virtues			
	<i>Four Steps of Creativity</i> Aspiration, Perseverance, Intuition, Experimentation			
<i>Immeasurable</i>	Love	Compassion	Rejoicing	Equanimity
<i>Commitment</i>	Beings are boundless; I will care for them all.	Reactivity is inexhaustible; I will let go of it all.	Gateways are numberless; I will enter them all.	The path has no end; I will get there.

KM / GLB / SB

2 December 2022